

Salem State University Spring 2022 Isolation Protocols

****Please read in its entirety for detailed information about your isolation period****

This protocol has been developed in compliance with the Massachusetts Department of Public Health, Salem Board of Health Department, and Centers for Disease Control for the management of COVID-19 on a college campus.

COUSLING AND HEALTH SERVICES: 978.542.6413
Health Services Portal: chsportal.salemstate.edu
Contact tracers: 978.542.3240

RESIDENCE LIFE: 978.542.6416 | housing@salemstate.edu

VIKING DINING: vikingdining@salemstate.edu
Text "VikingComments" to 82257 | 978.542.2393

DISABILITY SERVICES: 978.542.6217
access@salemstate.edu

STUDENT WELLNESS CASE MANAGEMENT:
978.542.6217 | careandconcern@salemstate.edu

STUDENT NAVIGATION CENTER: 978.542.8000

UNIVERSITY POLICE AND SAFETY:
978.542.6111 for on-campus emergency
978.542.6511 for non-emergency

INSTAGRAM: @salemstatewellness

QUARANTINE AND ISOLATION WEBSITE:
salemstate.edu/quarantine

campus isolation housing where you will be provided a bedroom and bathroom away from any non-positive individuals.

- You may share isolation housing with other positive individuals.

HOW:

- You may isolate only with other individuals who have also tested positive for COVID-19.
- Stay in isolation space away from all others until you are considered no longer infectious
 - o Asymptomatic: 5 days from positive test, and if you have a negative antigen test after day 5.
 - o Symptomatic: Remain isolated for 5-10 days until your symptoms are significantly improved and you have been without a fever for 24 hours without the aid of medication
 - o You have received negative rapid antigen test results after day 5. If you have a positive result on day 6, you should isolate for 10 days.
 - o Residential students should plan to isolate for a full 10 days. You may shorten your isolation period if your symptoms have resolved, you've had no fever in 24 hours, and you have had a negative antigen test after day 5. You must be cleared by CHS contact tracers to return to the residence halls.
- You should be prepared to notify any individuals that you have come into close contact with during your infectious period (48 hours before symptom onset OR positive test result if asymptomatic) of their exposure and need to test, monitor for symptoms, and potentially quarantine. Enable [MassNotify](#) on your phone to anonymously notify your close contacts of their exposure to you.
- Visitors to your room or home are STRICTLY prohibited
- Do not use any shared common spaces such as living areas, laundry rooms, shared kitchens, trash areas, mail room, etc.
- Residential students: In preparation for relocating to off or on-campus isolation housing, pack clothing, bedding, towels, recreational activities, schoolwork, and any other essentials you could need for the duration of your isolation.
- If isolating on campus: Meals will be delivered or prepared in your private isolation space. If you have dietary needs, please contact Viking Dining directly
- Residential students, regardless of where you are completing your isolation, are not cleared to discontinue isolation and return to their residence room until notified by health services or residence life that they are cleared to do so.

ISOLATION 2 (COVID POSITIVE) PROTOCOLS

WHO:

- All individuals, VACCINATED AND UNVACCINATED, who have tested positive for COVID-19
- Individuals may be asymptomatic or symptomatic

WHERE:

- Private bedroom
- Private bathroom
- Residential students will need to enact their quarantine and isolation plan to complete their isolation off campus. Those who have previously shared extenuating circumstances with Residence Life on their departure plan, may be relocated to on-

Salem State University Spring 2022 Isolation Protocols (continued)

- You should NOT leave your private isolation space for any non-urgent purposes. You should remain isolated in your room and not access any shared public spaces at any time during your isolation period unless URGENT.
- Do not visit public settings such as restaurants, grocery stores, pharmacies, etc. Use contactless delivery or pickup options for any urgent needs.
- If you need to leave your isolation space for an emergency, you must physical distance at ALL times (at least 6 feet), wear a mask, and avoid public settings
- Use EPA approved disinfectants and clean high touch surfaces frequently and between use
- Do not attend in-person classes, work, or recreational activities
- Do not use public transportation or ride-sharing services
- Open windows to improve indoor air circulation
- Closely monitor health and communicate regularly with SSU health services.
- Schedule a health appointment if need medical evaluation and treatment on your student health portal

WHY:

- ALL individuals, VACCINATED OR UNVACCINATED, who are confirmed to be infected with COVID-19 will be considered infectious towards others until they are deemed no longer to be infectious towards others
- A person is considered infectious up to 10 days after symptom onset or positive test date. A rapid negative test after day 5 with improvement of symptoms will deem you no longer infectious.
- To protect our community members and reduce the risk for community transmission, isolation 2 is required for VACCINATED AND UNVACCINATED individuals by The Commonwealth of Massachusetts Department of Public Health and Salem State University.
- Failure to adhere to quarantine and isolation protocols could result in referral to community standards and disciplinary action, including suspension from housing due to the risks that nonadherence poses to the safety of our campus community.

TERMINOLOGY

ISOLATION 1:

For symptomatic individuals, where COVID-19 is suspected but not yet confirmed by diagnostic testing. Should stay away from others, to extents possible. This applies to both vaccinated and unvaccinated individuals. Individuals are asked to remain self-isolated until receiving a negative Molecular or antigen COVID test result, that has been uploaded to CoVerified. Should NOT isolate with individuals who have tested positive for COVID.

ISOLATION 2:

Separation of an individual that has been diagnosed with a current COVID-19 infection, confirmed by diagnostic testing. You may be able to cohort with other individuals who have also tested positive, although we do generally recommend that you continue to isolate by yourself if possible. Applies to both VACCINATED and UNVACCINATED individuals.

DIAGNOSTIC RAPID ANTIGEN TEST:

(collected by a medical provider) Collected by nasal swab. Less accurate testing method than Molecular testing and should be confirmed with Molecular PCR or NAAT test, if resources allow. Upload any off campus results to CoVerified.

RAPID ANTIGEN AT HOME TESTS:

Collected by nasal swab. Less accurate testing method than Molecular testing and should be confirmed with Molecular PCR or NAAT test for both positive and negative results. Results typically available in 15 minutes. Rapid antigen home testing is recommended primarily for symptomatic individuals but may also be completed for asymptomatic individuals to reduce risks prior to gathering indoors during periods of high community transmission rates. Positive or negative test results should be followed by confirmatory molecular testing. "Check with your health insurance provider about coverage of up to 8 at home COVID tests per month at no cost. If you have the [Blue Cross Blue Shield student health insurance plan](#), you can also submit for reimbursement of home COVID tests purchased from 01/15/2022 and review preferred pharmacy options to pickup tests with no out of pocket costs.

MOLECULAR TESTING:

Called "Molecular," "PCR," "NAAT." Collected by nasal swab and is the gold standard or COVID-19 testing for detecting a COVID19 infection. May also detect an old infection within the past 90 days and is not recommended for COVID recovered individuals to perform within their 90-day immunity period. Results typically available within 1-5 days.

ANTIBODY TESTING:

Collected by blood sample. Not yet useful in determining if one is immune and thus not recommended for current use, but may be required to travel to certain countries. If this test is performed and is positive, current guidelines require a Molecular PCR test to be performed to rule out active current infection. Individuals must remain quarantined until PCR results are available.